

## Household Commodity Fact Sheet

**WINTER SQUASH, FRESH**

Date: April 2009

Code: F150

**PRODUCT DESCRIPTION**

- Fresh winter squash is U.S. No. 1 or better squash or pumpkin.

**PACK/YIELD**

- Each bag contains 1 pound of squash. A pound of large squash is about 4 servings ( $\frac{1}{2}$  cup each) of cooked pieces, or  $1\frac{1}{2}$  cups mashed. A small winter squash provides about 2 servings.

**STORAGE**

- Squash should be stored in the refrigerator in a plastic bag, loosely tied or knotted.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- Winter squash often has a thick, tough skin that makes peeling hard. It is usually easier to cook the unpeeled squash and then scoop out the cooked flesh afterwards. Hold the squash firmly and, with a sharp knife, slice through the center of the squash. Scoop out any seeds before cooking.
- To bake: Using a whole or halved winter squash, poke holes in the skin with a fork and place on a baking sheet. Bake at 350 degree F for 45 minutes.
- To boil: Cut squash into four pieces or rings and place in a pot of boiling water. Boil 25 minutes or until tender.
- To microwave: Place halves or quarters, cut side down, in a shallow dish; add  $\frac{1}{4}$  cup water. Cover tightly and microwave on high 6 to 8 minutes or until soft.
- Squash is cooked when it is easy to cut with a fork, and the skin peels off easily.
- Cooked squash may be frozen in an airtight container not made from metal.

**USES AND TIPS**

- Boil or mash winter squash just as you would potatoes. Add peeled, cooked squash cubes to your favorite soups, stews, beans, casseroles, and sauces.
- Cooked winter squash makes a great side dish for meat, poultry, or fish.

**NUTRITION INFORMATION**

- $\frac{1}{2}$  cup of sliced or chopped winter squash counts as  $\frac{1}{2}$  cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about  $2\frac{1}{2}$  cups of vegetables.
- $\frac{1}{2}$  cup of cooked winter squash provides 15% of the daily recommended amount of vitamin C and more than a day's worth of vitamin A.

**FOOD SAFETY INFORMATION**

- Keep squash that is going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**Serving size:  $\frac{1}{2}$  cup (57g) cubed, cooked winter squash**Amount Per Serving**

Calories		40	Calories from Fat		0
% Daily Value*					
Total Fat 0g			0%		
Saturated Fat 0g			0%		
Trans Fat 0g					
Cholesterol 0mg			0%		
Sodium 0mg			2%		
Total Carbohydrate 9g			3%		
Dietary Fiber 3g			12%		
Sugars 3g					
Protein 1g					
Vitamin A		110%	Vitamin C		15%
Calcium		2%	Iron		2%
*Percent Daily Values are based on a 2,000 calorie diet.					

**MASHED WINTER SQUASH****MAKES ABOUT 4 SERVINGS****Ingredients**

- 4 cups winter squash, peeled, seeds removed, cut into small pieces
- 2 tablespoons margarine
- 3 teaspoons brown (or regular) sugar
- ½ teaspoon salt
- ¼ cup orange juice

**Directions**

1. Wash and bake or boil squash until soft. Mash with a fork.
2. Mix in margarine, sugar, and salt. Add the orange juice, a tablespoon at a time, until squash is the thickness you like.

Nutritional Information for 1 serving (about ¾ cup) of Mashed Winter Squash					
<b>Calories</b>	150	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	11 g
<b>Calories from Fat</b>	60	<b>Sodium</b>	290 mg	<b>Protein</b>	2 g
<b>Total Fat</b>	6 g	<b>Total Carbohydrate</b>	23 g	<b>Vitamin A</b>	594 RAE
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	9 g	<b>Vitamin C</b>	25 mg
				<b>Calcium</b>	51 mg
				<b>Iron</b>	1 mg

*Recipe adapted from Clemson Extension Home and Garden Center.*

**WINTER SQUASH BAKE****MAKES ABOUT 6 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 ½ pounds winter squash, cut in halves
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 teaspoon dried herbs sage, thyme, or rosemary (if you like)
- 3 eggs
- ½ cup low-fat milk
- ½ cup reduced fat cheddar cheese, shredded
- ¼ teaspoon black pepper
- ¼ cup Parmesan cheese, grated

**Directions**

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Cut squash in half, scoop out seeds, and place cut side down on baking sheet. Bake 40 minutes.
3. Scoop flesh from cooked squash and place in a 8x8-inch baking dish coated with nonstick cooking spray. Stir in vegetable oil, onion, garlic. If using herbs, add that too.
4. In bowl, mix together eggs, milk, cheddar cheese, and black pepper.
5. Pour mixture into pan with the squash and stir. Sprinkle with Parmesan cheese.
6. Bake for 30 to 40 minutes or until browned.

Nutritional Information for 1 serving (about ¾ cup) of Winter Squash Bake					
<b>Calories</b>	180	<b>Cholesterol</b>	115 mg	<b>Sugar</b>	6 g
<b>Calories from Fat</b>	100	<b>Sodium</b>	180 mg	<b>Protein</b>	9 g
<b>Total Fat</b>	11 g	<b>Total Carbohydrate</b>	14 g	<b>Vitamin A</b>	362 RAE
<b>Saturated Fat</b>	3 g	<b>Dietary Fiber</b>	3 g	<b>Vitamin C</b>	12 mg
				<b>Calcium</b>	199 mg
				<b>Iron</b>	1 mg

*Recipe adapted from Recipezaar.com.*